Allison Nestor

Period: 8

*Food Presentations*

1. What foods are commonly eaten? Foods that are commonly eaten are loaves of bread, types of pies, and fish.

2. What does a typical breakfast consist of? Lunch? Dinner? At what times are these meals eaten? A typical breakfast, which is in the morning, consists of pancakes, omelettes, or sandwiches but usually have coffee or tea with bread. A lunch, lasting from noon to 1 p.m., consists of usually *kasha* (baked buckwheat). Finally, dinner, lasting from 6 p.m. to 10 p.m., consists of four courses. The appetizer course, *zakuski*, has bread and cheese, herbed butter, or *selodka* (herring with vinegar and oil dressing). Then the first course usually has soups, and the main course has roast meet with potatoes and vegetables. Lastly dessert has ice cream or cheesecake.

3. What are some (at least two) famous recipes from your country? Two recipes are *bliny* (thin Russian pancakes) and *piroghi* (large pies)or *pirozhki* (small pies).

4. What are some foods from this country that are commonly eaten in your country? Are the foods prepared differently here than in this country? Some foods are their apple cakes, pastries, and tvorog (cottage cheese). Most of these foods look like they are prepared differently.

5. What is your personal opinion of this country’s food? What looks appetizing? What looks repulsive? How do you think you are going to do eating this food every day? Personally, I think some of it sounds pretty good, especially the desserts. I think the desserts look very appetizing. What looks repulsive are the small pies filled with fish, cheese, jam, mushrooms, cabbage, chopped hard-cooked eggs, or meat. I think the food they have are a bit healthier than ours because their food consists fish, bread, cheese, vegetables, meat, etc. while we often eat unhealthy things, like candy or fast food.